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# Hawai'i Health Performance In Action

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*An Update of the Hawai'i Health Performance Plan (H2P2)*

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## What is Hawai'i's Health Care Vision?

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*"Supported by their community, individuals achieve optimum health."*

The Hawai'i Health Performance Plan (H2P2) draws on the goals of national and local efforts, such as Healthy People 2000 and Healthy Hawai'i 2000 to realize Hawai'i's health care vision.

Our goals:

- ☞ Increase the span of healthy life for Hawai'i's residents.
- ☞ Reduce health disparities among Hawai'i's residents.
- ☞ Achieve equitable and effective access at reasonable cost for all Hawai'i's residents to health services that are responsive to the holistic needs of community members. 🌺



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## What Are Critical Elements of a Health Care Delivery System?

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A well-functioning health care delivery system will help us achieve our goals and objectives. The following are the key critical elements that keep health care delivery responsive to community needs and industry standards.

1. **Access** to appropriate, culturally sensitive care in the most comprehensive practical model possible.
2. **Quality Management** uses of clinical benchmarks and patient satisfaction surveys along with performance outcome measures.
3. **Cost-Effectiveness** incorporates the assurance that good quality of care standards will be maintained. Where feasible, resources should be directed to programs and services that prevent illness and intervene in the early stages of disease.
4. **Continuity of Care**...the right care, at the right time, in the right setting...is promoted and facilitated via the integration of care providers in the community. This means that each individual health care facility and/or practitioner acknowledges that they are just one member of the larger continuum of health services available in the community and works in concert with other health care providers to improve the overall health status of the community.
5. **Constituent Participation** is communities working together in defining, assessing and evaluating health care services, health care development, and community health education initiatives. 🌺

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## FOCUS ON...Chapter VIII “Preventable Injuries and Violence”

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With the holiday season upon us and we rush from store to store and party to party, it is important to remember to take a deep breath. Remember...be careful and try not get too stressed meeting holiday obligations.

Injuries have a tremendous impact on individuals, communities, health care systems and the State. Each year in Hawai'i, injuries kill more than 500 people, hospitalize more than 7,000 and hurt more than 160,000. That's one out of every six people in our state each and every year that require some form of medical treatment. These injuries generate exorbitant medical costs, lost productivity and lost quality of life. The lifetime costs of injuries in Hawai'i is nearly \$12 billion dollars, based on injuries occurring in 1990.

The cause of injury is often classified as either unintentional or intentional. Intentional injuries are caused by violent and abusive behaviors such as partner abuse, assault, and suicide. Unintentional injuries include traffic incidents, falls, drowning and many others. The term “accident” implies that they are unpredictable and unpreventable mishaps. Nothing could be further from the truth. Injury studies show predictable patterns that identify who are at risk and why they are at risk. This information is the basis for prevention. 🏠

### PREVENTION...STRATEGIES

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While injuries are an enormous health problem, they are both understandable and preventable. Relatively small investments in prevention of injuries can lead to dramatic reductions in injury

death and disability and tremendous financial and human savings. There are two targets for strategies in addressing preventable injuries and violence. The first target is health care service providers. The second target is collaboration among the community and health care service providers.

**HEALTH CARE SERVICE PROVIDERS** are the most credible and persuasive source of injury prevention counseling. Given the frequency of contact, they are the most logical source.

✘ Childhood Safety Counseling. The American Academy of Pediatrics recommends that pediatricians educate parents about the prevention of childhood injuries. While Hawai'i's injury rates compare well to the nation, the U.S. as a whole has one of the highest rates among developed countries. Anticipatory guidance for injury prevention should be an integral, and reimbursable part of the medical care provided for children and youth.

✘ Water Recreation Counseling. With more than 750 miles of ocean shoreline and several hundred beaches and pools, Hawai'i is an ideal location for ocean activities. However, Hawai'i has more ocean-related injuries resulting in death and disability per square mile than any other state in the nation (Hartung & Goebert, 1996). Many of the injuries are a result of insufficient knowledge about ocean hazards. Hawai'i needs a coordinated effort to warn residents and visitors of dangerous places.

✘ Domestic Violence Screening, Assessment, and Referral. It is estimated that between 22% and 35% of all visits to hospital emergency room are made by victims of domestic violence. Medical data should more accurately reflect the rate of domestic violence. Hawai'i needs to develop a system for monitoring violent injuries.

✘ Alcohol and Drug Screening and Referral. Alcohol and other drugs seriously

impact the probability of injury and the magnitude of the injury problem. Recent changes in Hawai'i's laws now make it easier to monitor alcohol- and drug-related injuries. However, Hawai'i needs to develop a system to keep track of these types of injuries.

✘ Work-related Injury Prevention Counseling. Most Hawai'i residents of working age spend the majority of their time in the work environment. Among people ages 20 – 64, one-third of all injuries and 20% of all injury deaths occur on the job. While deaths related to occupational risks and exposures are decreasing, injuries, illness and permanent impairments are increasing. All professionals with roles in the delivery of services to workers are encouraged to provide continuing education on occupational health and safety.

✘ Elderly Fall Prevention Counseling and Screening. The elderly are at increased risk for falls. Osteoporosis is considered the most likely reason falls among the elderly result in fracture. Strategies to control osteoporosis include encouraging healthful diet and exercise, fall prevention, and estrogen use among high-risk post-menopausal women.

**COMMUNITY-WIDE EFFORTS.** Injury prevention specialists and stakeholders agree on five crosscutting themes in injury prevention.

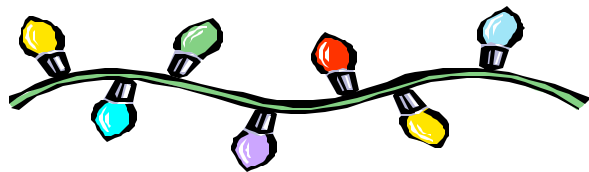
1. Collaboration
2. Policy Development
3. Community Awareness/Education
4. Surveillance and Research
5. Product Development/ Engineering

By working together, resources can be used more effectively and efficiently to address the needs of the community 🇺🇸

## PREVENTION... PRIORITIES

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Education. Health care providers are encouraged to infuse prevention counseling into their routine and “teachable moment” visits thereby increasing the quality of care. The community is encouraged to participate in topic-specific educational efforts. Increasing Hawai`i’s ability to monitor rates of injury and violence. This is particularly important for non-fatal injuries. While surveillance systems are improving, the state is not yet able to capture accurate information in all key areas. 🏠



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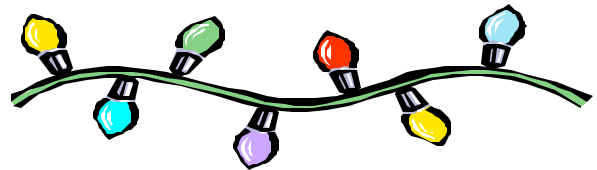
*"The best health care website in Hawai`i"*

Correction: Spring, 2000 newsletter. Alzheimer's Disease is not the fourth leading cause of death in the nation. The National Alzheimer's Association and the Centers for Disease Control and Prevention provided the following clarification:

▶ Approximately 4 million Americans have Alzheimer's Disease (AD).

▶ Physicians report that AD caused the death of 21,397 people in 1996 and contributed to the death of 21,703 additional persons.

This correction is made thanks to Bart Aronoff, amateur health statistics wonk and full time planner at the Department of Health's Communicable Disease Division. 🏠



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# From SHPDA to you...Tips for Healthy Holidays

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The holidays are quickly approaching, leaving little time to think about health. Why not combine the two with the greatest gift of all in mind – good health. Here's gift ideas for you and your family.

## **For yourself:**



A holiday physical. When is the last time you went to your physician for a complete physical? It is essential, especially if you plan to make a New Year's Resolution to lose weight or start an exercise program.



A street reduction tape. Don't let the crowds and pressure keep you from enjoying the holidays physically and emotionally. When times are rushed, put the tape in, turn down the lights, and relax.



Stock the refrigerator full of healthy snacks. Put them on the first shelf so you are more likely to grab something healthy.

## **With your spouse:**



(for your wife) Self-Breast Examination Instructions.



(for your husband) Information about prostate and testicular cancer screenings. Most men don't have good information about how to identify early signs of these cancers.



Start and exercise program together.

## **For your parents:**



Help them review their medications with their physician. Does their physician know

exactly how many medications they are on? Often seniors see different doctors for different problems. Each doctor may be unaware of medications prescribed by others.



A safe home. Walk about your parent's home looking for ways to prevent falls. Illuminate stairways, add handrails and grab bars where needed, remove sliding throw rugs, check outdoor steps and walkways to make sure they are safe.



Review their driving skills. Are they having trouble seeing? Are they having problems hearing fire trucks and police cars?



Forget the trinket you were going to buy them and make it part of your weekly schedule to just spend time with them.

## **For your child:**



Schedule an appointment to get all immunizations up to date. Having children out of school during the holidays may allow time to get that essential check up and vaccinations.



Make time to talk with them about drugs, smoking, and sex. Don't assume that your children will just know how you feel about these important subjects.

Taken in part from "Tips for Health Holidays" by Sandra T. Dahl, Director of the MedStar TeleHealth Center.